

How to overcome Emotional Torture

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“Your writing is both inspirational and motivating...”

Halima Sarki

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Introduction

In The Name of Allah, The Entirely
Merciful The Especially Merciful

This is a book about How to
overcome Emotional Torture(Original

quotes/ statements)- by the will of
Allah.

Text(Matn)

All praises be to Allah and
salutations and peace be upon the
Prophet Muhammad, His Family, His
Companions and all those that follow
him until the day of Judgement

To proceed

What some people don't know is that it is the initial bouts of emotional resistance, being forbearing with the emotional oppressor and not giving in to their wanton demands. The beginning and middle is possibly the hardest part. You have to remember, nothing of this temporal abode lasts forever, so,

“until you endure,
it is then that,

you would sooner or later find the cure.”

Be strong. Be patient, turn back to the One Creator(Allah), strive to worship Him alone, pray to him, supplicate to Him, ask Him(Allah) to rescue you, and assist you against your oppressors, pray for Allah to guide them and all of us.

And importantly:

A poem

That's the thing...

To your enemy never give in,
Sooner or later their plots would
wear really thin,
And that's the thing
Your Oppressor doesn't bare any...

Just like a bear hanging on to dear
life,
Hanging from the cliff with only a
piece of thin string,

And that's the thing.

Your oppressor doesn't mean any...

If you knew the pitiful, sad reality of
your oppressor,

You would cry as a new born baby
would on a swing,

And that's what he takes you to be,
hence their negative and
unthoughtful spur of the moment
inclin...

So be strong,

because your oppressor is important
to your success, no more than a

blocked pipe is, under a kitchen
sink...

In the long run, Allah has put them
into your life just to make you
stronger, and as a test,
so be strong, be patient, seek
knowledge, be wise and always
reflect, ponder and unlike your
oppressor, always use your heart to
think.

May Allah guide us all Ameen

Bonus Chapter

Knowing Allah, Most High, free of all imperfections

His names and attributes are in the Quran and sunnah.

He is The King, The Everliving, Assamad, rose above His Throne in a manner that befits His Majesty, sees and hears from above The Seven Heavens. He is perfect and free from any deficiency, Nothing is like unto

Him. He is The Most Wise, He is the best at putting everything in its proper place.

If you lose the link to your Creator, your life is meaningless.

The best slaves of Allah are those that worship Allah with all His Names.

Enumerating the names of Allah is knowing them and worshipping Him with them.

The best knowledge is the knowledge of Allah.

The one who knows Allah recognises other things. The one who doesn't know Allah can't recognise anything else.

The one who forgets Allah, loses himself.

The knowledge of Allah is the basis of every other knowledge

Knowledge of Allah allows a slave to give the proper estimation to Allah.

Prophet's du'a/ supplication: I
can not enumerate praising you, you
are as you praised Yourself

Knowledge of Allah leads to
loving Allah, fearing Allah, and raja'-
longing to meet Him.

Knowing Allah leads to a
sweetness in the heart, and wanting
to worship Him, and(wanting) to be

close to Him and(wanting) to listen
to His words(The Qur aan)

Maalik Ibn Dinar:

The people of this world left it
without tasting the best of
it;...knowledge of Allah the most
High.

When the knowledge of Allah is
strengthened, the eagerness to be
close to Him(also) strengthens.

Ibn Mas'ud:

The believer will not have any rest except(with Allah), by being closer to Him, and remembering Allah.

Chapter 13 verse 28

By the dhikr/ remembrance of Allah(do) hearts find rest

The Prophets were given choice to increase their life on Earth, or to return back to Allah, they chose to return back to Allah.

Bukhaari: Chapter; The one who wants to meet Allah, Allah will love to meet him.

Prophet(Muhammad Peace be upon him) said at his death bed:

Allahumma Rafiikul A'laa
Oh Allah, to The Highest
Companionship.

These words were the last words the Prophet(peace be upon

him) spoke. He meant, to Allah

Himself(Rafiiqul A'laa)

Bonus Chapter

Spiritual Levitation 1: The Other side of Abstemiousness

1. Face your fears, and pray to Allah always
2. You can never attain true success (i.e. in this world and the next life), until you worship Allah correctly and seek His assistance continuously/ continually

3. If you choose a life of worshipping Allah in all that you do in your life, then(by His will), all that you desire will come to you submissively.

4. Every time you feel like giving up, turn back to Allah(whole heartedly)

5. Concentrate on bettering yourself. The general rule of thumb is that the better you are, the more those around you get affected positively.

6. Keep on being patient, and never stop being patient, until your soul exists the collarbone.

7. In patience, there is wisdom from Allah. He is showing you that He is The One that controls everything

8. Modern day monks(and practitioners of abstemiousness) can sometimes be found in cities and towns.

9. The more you practice
Zuhd(Orthodox Islamic
Abstemiousness), the more your
heart lets go of the world. Then the
more the world clings on to
you(metaphorically speaking)

FINAL PRAYER

All Praises abundant and plentiful belong to Allah, and peace be upon his final Messenger Muhammad, peace and blessings be upon him, his family, his companions and all of those that follow them till the day of Judgement.

FINAL WORD

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Bonus Chapter 1

3 types of souls

1. Mutma innah- Surah Fajr Verse

27(The break of day or The Dawn)

2. Lawwaamah- Chapter 75 Surah

Qiyaamah(The Resurrection) Verse 2

3. Amru bissuw-

Hisnul Muslim- Qahtani

3 types of hearts

1. Qalbun Saliim(A sound heart)

2. Qalbun Mareedh(A sick heart)

Oh Allah give us a complete cure
that leaves no illness Ameen.

3. Qalbun Mayyit(A dead heart)

May Allah protect us from this

Ameen

Bonus Chapter 2

‘Uboodiyyah: Beyond Temporary Friendship

All praises be to Allah and
salutations and peace be upon the
Prophet Muhammad, His Family, His
Companions and all those that follow
him until the day of Judgement

To proceed

1. If you don't let go to worldly love, you'll never know which relationship is meant to be permanent, and which was meant to be temporary; for the good of yourself.

Take the example of Prophet Ibrahim (upon him be peace and Salaam):

The important thing (wa Allahu A'laam/ and Allah knows best) is that

Allah wanted

Ibrahim('aleihimussalaatu wa
salaam/ upon him be peace and
Salaam) to sacrifice the love of his
son from his own heart.

Like the story of the 2 sons of
Adam; Allah wanted to see who
would part from the dunia/worldly
life from their hearts(wa Allahu
A'laam/ and Allah knows best), by
giving their best possessions i.e. the
crops

Allah is Assamad(He is in need of noone/nothing, but all are in need of him).

So the conclusion is that Allah wants us to go to Him with Qalbun Salim(a pure heart).

May Allah allow us to live and die with Qalbun saliim(a pure heart)

May Allah guide us all

Ameen

Bonus Chapter 3

Spiritual Levitation 2: The Other Side of Abstemiousness/ Zuhd

All praises be to Allah and
salutations and peace be upon the
Prophet Muhammad, His Family, His
Companions and all those that follow
him until the day of Judgement

To proceed

1. Never let go of your(correct)
religious principles

2. The enemies surrounding you(i.e.
Shaitan/ satan and dunia/ the
seeming glitter of the world) (and
within you, (i.e. your hawa/ desires
and nafs/ your lower self) are always
ready to launch attacks. Be
vigilant(i.e. by supplicating to Allah
always), be informed(i.e. seek

knowledge) and be ready(for the ongoing spiritual battle/ warfare) and on guard(by beseeching Allah's assistance, refuge and rescue)

3. Sometimes you have to let go of certain things, for a new chapter if your life to begin

4. Whatever is with Allah(by His protection)/ Everything that is with Allah(by His protection) is never lost

5. It is at that breaking point, when you literally(and metaphorically) feel that you are fast-approaching rock bottom(or anguish is about to set in); that is the time to supplicate for all the good that you wish for. Then wait for the miracles that shall follow(only by the will of Allah)

6. Always ask for Allah's bounties/ favours upon you(, whether you hear the cockerel crow or not)

Bonus Chapter 4

Introduction to Pre-destiny: The Sea Without a Shore

All praises be to Allah and
salutations and peace be upon the
Prophet Muhammad, His Family, His
Companions and all those that follow
him until the day of Judgement

To proceed

4 Parts to the Qadar(Pre- destiny of Allah)

1. Al 'Ilm(knowledge)

That Allah knows everything that was, everything that is(now), everything that is going to be/ that will happen(in the future), and also things that **if they were to happen**, how they would happen.

2. Al Kitaabah(The writing)

That Allah instructed the pen to write all the things that will happen(till eternity- And Allah knows best), 50, 000 years before the creation of the Heavens and Earth.

3. Mashi a(Will)

That everything happens by the will of Allah.

That we also a will, but ultimately, it is still under the will of Allah.

‘Aml(Action/ Deeds)

That Allah created/ creates
everything, including our actions.